

## Triple Risk Model

**Critical Developmental Period** - The peak incidence of SIDS (Sudden Infant Death Syndrome) occurs between 2-4 months of age. Ninety Percent ( 90% ) of all SIDS deaths occur before 6 months of age. Infants continue to be at higher risk for SIDS death up to the age of 1 year.

**Outside Stressors** - Include: second hand smoke, inappropriate bedding, over- heating and sleeping position. Stomach sleeping encourages rebreathing of carbon dioxide.

**Vulnerable Infant** – A great deal of babies that die of SIDS have some sort of upper respiratory infection. Babies born early (premature) are at higher risk. Some research shows that at the time of death, some SIDS babies have increased levels of serotonin.

Both stomach and side sleeping increase the risk of SIDS. The risk was increased further in low birth weight infants, preterm infants and infants at the age of 13 to 24 weeks, suggesting that SIDS may be triggered by stomach sleeping in infants with prenatal risk factors during a vulnerable period. (Pediatrics Vol. 100 No 4 Oct 1997)

Risk reduction means removing as many challenges from baby's environment as possible during that critical first year of life.

